

Suggested Use: (Adults) Mix one (1) packet with water or juice, 30 minutes before bedtime.

Supplement Facts

Serving Size: 1 packet (5.73 g)
Servings Per Container: 21

	Amount Per Serving	% Daily Value
Magnesium (as Magnesium Citrate)	200 mg	50%
L-Glycine	3,000 mg	**
L-Tryptophan	1,000 mg	**
L-Theanine	200 mg	**
L-5-HTP	100 mg	**
Melatonin	0.3 mg	**
**Daily Value not established		

Other Ingredients: Natural lemon-lime flavor, silicon dioxide, xanthan gum.

This product is manufactured in a facility that processes whey milk protein and fish extracts.

sleep[🌙] | nighttime powder

- + supports relaxation*
- + promotes rapid onset of sleep*
- + improves quality of sleep*

Youtheory[®] Sleep offers the possibility of quicker, deeper and more refreshing sleep.* This fast-acting drink mix provides broad-spectrum support for occasional sleeplessness.* It features relaxing Amino Acids, calming Magnesium and a "physiological dose" of Melatonin (to replicate the level normally produced by the body each night).*

Usage Warnings: Use only at bedtime. Do not use with antidepressant drugs, alcoholic beverages, when driving a vehicle, or while operating machinery. Check with your doctor before using this product if you are taking medication or have any medical conditions. Do not use if you are pregnant or nursing. Do not exceed the recommended daily intake. Not intended for persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool and dry place after opening.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**



sleep[🌙] nighttime powder

*promotes deep restorative sleep**

21 packets

0.2 oz (5.73 g) each

Net Wt. 4.2 oz (120 g)

dietary supplement

The youtheory[®] line of health and beauty supplements is specially designed to promote youthful aging.* Youtheory[®] is not only a brand but a lifestyle; it's a way of living that captures the essence of youth while empowering optimal wellness. Our consumers' passion for life inspires us to create the products we do.

We stand behind each and every product we make. All youtheory[®] products are manufactured to meet or exceed FDA requirements and always comply with the current Good Manufacturing Practices (GMP). Our commitment to quality gives you the assurance that what's on the label is what's in the product; nothing more, nothing less.

manufactured by:



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